

CONTENTS

Introduction	i
Warning: This Course Will Change Your Brain	i
Lesson One: Mindfulness 101 and Focusing on Your Body with COLA	1
<i>Lesson One—Journal Questions</i>	6
<i>Lesson One—Reflection Questions</i>	7
Lesson Two: Seeing Red Differently: Engaging the “Right” Brain in Meditation	9
<i>Lesson Two—Journal Questions</i>	15
<i>Lesson Two—Reflection Questions (Are You a Left-Brained Thinker Quiz)</i>	16
Lesson Three: Why Changing Your Mental Habits Is Something Only YOU Can Do	19
<i>Lesson Three—Journal Questions</i>	23
<i>Lesson Three —Reflection Questions</i>	24
Lesson Four: Becoming the Conductor in Your Mind	29
<i>Lesson Four—Journal Questions</i>	33
<i>Lesson Four—Reflection Questions</i>	34
Lesson Five: You-Turn in Action: Staying Centered When Your Partner is Off-Balance	39
<i>Lesson Five—Journal Questions:</i>	46
<i>Lesson Five—Reflection Questions</i>	47
Lesson Six: Underneath the Mask: Vulnerable and Protective Emotions and the Brain’s Two Layers of Emotional Intelligence	49
<i>Lesson Six—Journal Questions</i>	56
<i>Lesson Six—Reflection Questions</i>	57
Lesson Seven: Pursuing and Withdrawing: Identifying Your Protective Reactions	63
<i>Lesson Seven—Journal Questions</i>	68
<i>Lesson Seven—Reflection Questions</i>	69
Lesson Eight: Discovering Your Capacity to Ride the Waves of Primary Emotions.	75

<i>Lesson Eight—Journal Questions</i>	80
<i>Lesson Eight—Reflection Questions</i>	81
Lesson Nine: Confidence and Courage from the Hidden Power of Exiles	85
<i>Lesson Nine—Journal Questions</i>	90
<i>Lesson Nine—Reflection Questions</i>	91
Lesson Ten: Grace for Your Soul: Knowing You Are Unconditionally Worthy of Love	95
<i>Lesson Ten—Journal Questions</i>	100
<i>Lesson Ten—Reflection Questions (Assessing Your Inner Critic Quiz)</i>	101
Lesson Eleven: Disenchantment with Perfection	105
<i>Lesson Eleven—Journal Questions</i>	110
<i>Lesson Eleven—Reflection Questions (Perfectionism Quiz)</i>	111
Lesson Twelve: Disarming Hostility with Empathy	115
<i>Lesson Twelve—Journal Questions</i>	121
<i>Lesson Twelve—Reflection Exercise</i>	122
Lesson Thirteen: Letting Yourself Be Happy: How to Get off the Hedonic Treadmill	125
<i>Lesson Thirteen—Journal Questions</i>	131
<i>Lesson Thirteen—Reflection Exercise and Questions</i>	132
Lesson Fourteen: Becoming Real: Speaking from the Heart	135
<i>Lesson Fourteen—Journal Questions</i>	140
<i>Lesson Fourteen—Reflection Questions</i>	141
Lesson Fifteen: Creating a Clear Vision for Next Steps in Your Relationship	145
<i>Lesson Fifteen—Journal Questions</i>	150
<i>Lesson Fifteen—Reflection Exercise and Questions</i>	151
Glossary of Terms	157
Bibliography/Resources	163
Recommended Websites	167
Acknowledgments	169
Index	170